

Receives First Prize In Essay Contest



Miss Mary Doreen Cusack, 15, of Tracadie Cross, P. E. I., is shown above being presented with the \$100. first prize she won in the Bank of Nova Scotia Essay Contest for Prince Edward Island. Making the presentation is Mr. E. W. Robinson, Manager of the Charlottetown Branch. Subject of the nation-wide contest was "The Bank as a Partner in My Community." — Photo by Garnham.

Morning Smile

Better Deal

Wife: Goodness, George, this is not our baby! This is the wrong carriage. Husband: Shut up, this is a better carriage.

Which?

An enthusiastic amateur gardener was showing a friend round his grounds. The enthusiast had done a bit of topiary work on his bushes and when they reached the two pieces of hedge sculpture of which he was most proud he pointed to them and said: "How do you like my Georgian Urn?" "Pine," said the visitor, politely. "Which is Georgie and which is Ern?"

Cheers

Slogger Sam lay wearily in his dressing-room. One eye was completely closed and his nose felt all over the place. In fact, Sam had had the hiding of his life. Suddenly the door burst open and in dashed his manager. "Cheer up! I've great news for you."

"What is it," asked the battered boxer faintly. "I've arranged a return fight for next week!"

Household Scrapbook

By Roberta Lee

Sandwiches

To keep sandwiches fresh all day wrap them in waxed paper and place in a box lined with a damp cloth. Put on the lid and cover the box with a second damp cloth. Store them in a refrigerator.

Decorative Candles

To clean decorative candles, saturate a cloth with alcohol and rub them. All soil will be removed and the luster retained. The candles can be wrapped and put away for next winter.

Tough Chicken

When roasting a tough chicken, put a little water into the bottom of the pan and it will help materially towards making it tender.

Plans To Run Al-Girl Farm



A farm in England operated with the help of women laborers is the object of 21-year-old Patricia Burrows, Leicestershire, who, with five other young U.K. farmers, is touring Ontario, as guests of the department of agriculture. There are female casual farm laborers than male in England, she said. "They're very efficient and nimble-fingered," added Miss Burrows.



Mrs. Frank L. Ross, Charlottetown, gives top marks to Fleischmann's Yeast.

College Teacher Wins Baking Honors at P. E. I. Fair

A teacher of teachers-in-training at P.E.I.'s Prince of Wales College, Mrs. Frank L. Ross dons the apron at home each Saturday morning for a whirlwind session of baking! Last summer she took a whirl at baking for the Women's Institute exhibit at the Charlottetown fair—with prize-winning results! And here's the gist of her lesson on home baking. "You may have a lot of skill and experience," says Mrs. Ross, "but

you couldn't get anywhere without fine, dependable ingredients. If you start with Fleischmann's Yeast you know you're going to get fast-rising action and light, tender baking. That's my experience with Fleischmann's—that's why I recommend it."

Mrs. Ross speaks from experience. Prize-winning bakers everywhere depend on Fleischmann's Yeast for super results.

That Body Of Yours

By James W. Barton, M.D.

ELECTRICALLY DRIVEN ROCKING BED FOR POLIO VICTIMS

"Ever since that fateful Friday the 13th, in 1929, when the newly invented iron lung saved the life of its first polio patient, thousands of infantile paralysis victims have been rescued from death by the bulky mechanical respirator. But good as the record is, doctors have realized right along that the iron lung is not perfect apparatus and that it has many disadvantages."

I am quoting Dr. Jessie Wright, consultant on acute poliomyelitis of the Department of Health and Municipal Hospital, Pittsburgh, Pa., in the "News," published by the National Foundation For Infantile Paralysis.

For many years, physicians, scientists and engineers have been seeking a better means of helping those patients to breathe whose breathing muscles were paralyzed by polio. Finally, in 1946, an entirely new type of breathing aid was invented called the rocking bed, developed at the Municipal Hospital. The rocking bed, the top of which resembles an ordinary hospital bed, is mounted on electrically controlled rockers which seaway the bed up and down at a regulated rate. By adjusting the rate and degree of the seesaw movement, rate of breathing can be varied. Many patients whose breathing muscles have been paralyzed can once more take life-saving air into their lungs without being enclosed in a cumbersome iron lung."

Dr. Wright points out that, at present anyway, the rocking bed is not intended to supplant the mechanical respirator (iron lung) which may always be needed for severe chest paralysis. It is intended to help patients breathe outside the iron lung for gradually increasing periods and thus hasten progress toward being able to breathe naturally. It can readily be seen how much easier it is for patient and nursing staff to use the rocking bed for long periods of time than the cumbersome iron lung. In addition, the beds gentle seaway motion aids circulation and thus prevents complications which occur when a patient is confined to one limited position in an iron lung.

During the five years of the rocking bed's trial, doctors have become convinced that the bed makes it possible in many cases to save the patient from the use of the iron lung. The patient also enjoys the freedom the bed gives him which helps him mentally and emotionally.

The rocking bed can also be used in conditions other than polio—poor circulation, heart conditions, arthritis and others.

Modern Etiquette

By Roberta Lee

Q. When a single man is invited to dinner at the home of newly-married friends, should he take his hostess a box of candy or flowers?

A. This is a thoughtful gesture on his part, particularly if the man is not in position to return the invitation.

Q. In meeting the same person many times within an hour or so, does one continue to bow each time?

A. No, this is not necessary. After the second, or at most third, meeting, one merely smiles — or looks away.

Cook's Corner

PINEAPPLE CHIFFON CAKE

For a really special occasion, try this wonderfully light pineapple cake. Salad oil simplifies the mixing, and ensures good results.

Two and a 1/4 cups cake flour, 1 1/2 cups sugar, 1 teaspoon salt, 3 teaspoons baking powder, 1/2 cup salad oil, 5 unbeaten egg yolks, 1/2 cup unsweetened pineapple juice, 1 cup egg whites, 1/2 teaspoon cream of tartar.

Sift dry ingredients into mixing bowl; make a well in dry ingredients. Add salad oil, egg yolks, and pineapple juice in order given. Beat until satin smooth. Combine egg whites and cream of tartar in large mixing bowl. Beat until they form very stiff peaks (stiffer than for meringue or angel cake).

Fold egg-yolk batter gradually into egg whites. Bake in 9-inch tube pan in moderately slow oven (325 degrees) 55 minutes, then in moderate oven (350 degrees) 10 minutes. Frost cool cake with Pineapple Butter Icing.

Cream 1/2 cup butter or margarine and 4 cups sifted confectioners' sugar. Stir in 6 tablespoons well-drained crushed pineapple and 1 to 2 tablespoons pineapple juice. Heat thoroughly. Spread on top and sides of cake. Decorate with half pineapple slices and maraschino cherries. Fresh ivy leaves tucked around base of cake make a pretty party decoration.

The Stars Say

By Genevieve Kemble

For Tomorrow

THERE being an aspect for expansion, promotion, inauguration of fresh plans of increasing scope, it may be advisable to retire to the sidelines, to count assured blessings, while critical matters are permitted to readjust themselves. It may be as well to burn all "dead wood" or clear away the debris, before taking over for development, new projects or ambitions. It is probable that some sort of public reward or aid from high places may be in store.

For the Birthday

Those whose birthday it is may be prepared for drastically abandoning old and disintegrating plans and situations, since there is hope of rebuilding the fortunes, objectives and professional as well as private contacts, bringing opportunity for expansion, growth and desirable activities on a broader and happier scale. Retire gracefully from old frustrations or crashes, and embrace the new order with enthusiasm, zeal and assurance.

A child born on this day may develop along new and expansive lines after early detriment and frustration. Its career will be renewed and stabilized on happier and more optimistic foundations.

How Can I...

By Anne Ashley

Q. How can I preserve paint in an open can?

A. The paint can be kept in an open can if it is stirred thoroughly, then the can filled to the top with water. When needed again, pour off the water carefully.

Q. How can I remove scorch stains?

A. A good method for removing scorch stains is to rub them at once with dry starch and then sponge off. Repeat the operation if necessary.

Q. How can I prevent the oven from filling with smoke and odor when the juice of a pie has run out into the oven?

DOROTHY DIX SAYS—

Lonely Wife

She Can Find Friendship Through Her Own Efforts

DEAR DOROTHY DIX: I am a housewife in my late 20's with three children. My problem is loneliness. I never had many friends, even in school. My neighbors only come over to borrow something. I have moved several times hoping to get in a more friendly neighborhood, but it's always the same story. I have everything I want but friends. I'm determined to stay in our present location in spite of everything, but would like to know more people.



ANSWER: Almost without exception, everyone wants to have friends and be a friend. Practically no one will repulse your efforts to be neighborly. Since you've been fighting a losing battle against self-consciousness and an inferiority complex since childhood, you won't lose it suddenly, but a few hints may help overcome your trouble.

First of all, except for a few extroverts, people will not force their friendship on you unless they're sure it's welcome. If you don't have the initiative to make the first overtures, at least be gracious when they're offered to you.

TAKE SOME INITIATIVE If a neighbor comes in to borrow something, invite her in for a chat, or a morning cup of coffee. Compliment her on her children (no mother can resist that), the paint job of her house, her garden, her pets—anything to show you observe and appreciate what's around you. Make yourself active in the mother's club, P.T.A., scouting or 4-H work. Above all, be interested in other people; show your interest, and it cannot fail to be reciprocated.

DEAR DOROTHY DIX: I am a young business woman and have been going with three boys off and on for the last year. None knew of the others until recently when my landlady went out of her way to convey the news. I would like to win just one of them back, but can't decide which one. How can I come to a decision?

ANSWER: With such an overabundance of male friends you should have nothing to worry about! You were wrong, of course, to go with these boys, permitting each one to assume he was the only man in your life. Now, if you don't know which of the three interests you most, I'd say none of them is the man for you. If you were in love, such a state of indecision could not exist. Why not continue making friends, having dates and enjoying life until the man comes along who is definitely the one!

DEAR MISS DIX: I am 19 and have been married over a year. I am very happy except for one thing. My husband does not want children, and I do. Do you think he is being fair?

ANSWER: The very purpose of marriage is procreation, and a marriage without children has no fulfillment. Your husband is wrong in his attitude and unless it changes, he'll be very sorry later on. Right now, he probably is too young to have the responsibility of a family, and will, himself, come around to your way of thinking in a short time.

Anne Adams Patterns

Advertisement for Anne Adams Patterns featuring a dress illustration and text: 'THE PEG-TOP DRESS FASHION NEWS! Sewing news! This is that peg-top dress you want so much! All the latest details—new neckline, big perky cuffs, or elbow-length sleeves with two smart buttons for trim. Skirt is easy to sew—no side-seams. Pleat at hem for walk-ease! Pattern 4504 in sizes 12, 14, 16, 18, 20, 40. Size 16 takes 3 yards 39-inch, 1 yard contrast. This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send Thirty-five Cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly size, name, address, style number. Send order to ANNE ADAMS, c/o The Guardian, 60 Front St. West, Toronto, Ontario. Relieve HAY FEVER Hay Fever needn't plague you with its sneezing and wheezing, its blowing and gasping, its itching irritation of eyes and nose. Get relief with Templeton's RAZ-MAH as did Mrs. Winsey Branstor, Dunville, Ont. Since childhood, she suffered from Hay Fever. The older she got, the more she suffered. Then her druggist recommended RAZ-MAH. "The very first night I took RAZ-MAH," Mrs. Branstor writes, "I slept comfortably. When I awoke, my eyes and nose were dry. I haven't been troubled since!" Don't suffer a day longer than you have to. For quick, safe relief from Hay Fever, take RAZ-MAH. Used by thousands, 65c, \$1.35 at druggists. 8-42

ELLEN'S DIARY

By an Island Farmer's Wife

"That's what it says in The Book, though not in those words. 'A soft answer turneth away wrath, but grievous words stir up anger' and the anger and hatred of a child... well, there's no getting around them"

We were interested, a little amused and somewhat sorry for them when we overheard two school teachers once air their problems. Smart attractive young things these were and we are sure it is our misfortune to have no acquaintance with them.

It was in a public place and of course they had no thought that the oldish woman in black, wearing spectacles and gray of hair, seated close by, once had identical interests with theirs though she did not entertain the same views on the subject. One was plump and auburn-haired with that clear complexion ever its lovely complement. She wore a suit in a shade of green which enhanced her coloring and her eyes were neither gray nor blue but a pretty mixture of both.

She laughed easily though in response her mouth was inclined to be petulant and we thought if James had been with us, he would have nudged us and whispered: "That one's husband will have a time with her, I'm thinking!"... "No, positively no more apples now!" we said firmly to granddaughter today when she begged: "Let's go and shake the tree like we did — bet you'll get some good ones!"

She looked crestfallen for a moment before her quick wit rallied and she turned on her heel. "I guess," she commented gravely. "The only thing for me to do is to bring in my grandfathers to give you a scolding! And" she adjudged "isn't that what you deserve?"

The other girl was dark with Gypsy-like black curls, pink cheeks and black eyes. Spirited, we decided and good natured but inclined to be careless. "My scholars are nothing but a pack of young d--lls!" the first one chuckled ruefully. "Yes, there's no other name for them! Learn!" she said "they're willing to do anything but! Well, if they like it that way, so do I. I'm only staying the year anyway and thank heavens it will be soon over now."

"The other listened sympathetically. "I know," she agreed, "I happen to have two of those, but that's enough! They annoy me so. I wish they'd go jump in the lake. I just hate them! I've come to the point where I just don't put myself out over them!" And hearing we wondered what memories if any, either teachers or taught would garner out of such indifferent companionship as this — to be proud of, to smile over, even to learn from and enjoy in recollections for long years to come.

These things we are persuaded teachers should strive for — the mutual respect and goodwill, the happiness of all from the moment she steps across the threshold of her first school until sooner or later school-work is put by forever. She yields to others in their turn and generation the torch of office she so gracefully bore.

Yes, as granddaughter said: "Letters are nice things — because they tell you something you wanted to know!" Building a barn the farmers and Mr. D. are these days, and beneath today's sun the harvest hints ripened in our grain-fields. Until tomorrow — Diary — Good-night...

Better English

By V. C. Williams

1. What is wrong with this sentence? "The information I've got comes from a credible source."

2. What is the correct pronunciation of "facile"?

3. Which one of these words is misspelled? Craze, graze, amaze, phaze.

4. What does the word "phantasm" mean?

5. What is a word beginning with ind that means "violating good manners"?

ANSWERS 1. Say, "The information I have comes from a credible source." 2. Pronounce fas-ill, a as in fast, i as in ill, second syllable. 3. Phaze. 4. An image formed by the mind. "These are but phantasms or apparitions." 5. Indecorous.

Advertisement for Kent Vinegars: 'The Lowest in Cost and the Best... KENT de luxe VINEGARS for pickling success Made in your own region, therefore cost you less. Best for pickles, relishes, catnups, salads! For free Recipe Booklet write: KENT VINEGARS CANNING, N.S. ALSO IN BULK AND BOTTLES

Girl "Dead" Four Minutes, Saved By Heart Message



While undergoing an operation at Brantford, Ont., 20-year-old Edith Bishop "died" for four minutes, during which time her heart stopped beating. Only the quick action of Dr. B. W. Knight, who massaged the organ until it started functioning again, saved her life. Not until six days after operation was the young girl, whose mind was a blank from the time she went under the anaesthetic until she came out several hours later, notified of almost fatal incident.

Poor Housekeeping A Fatal Blemish

If a woman is an indifferent housekeeper "it is fatal to her influence, a toll to her brilliance, and a blemish in her garments." So says a battered volume we uncovered in the attic the other day. Only from the advertisements it contains can one guess its age, probably around the turn of the century.

The book contains recipes for good dishes and rules for good manners—written in the flowery style of the crinoline era. "Those were the days when friends waited until visiting day to "call." And they probably found their hosts "busy with some elegant trifle of lace or wool-work... or touching a sketch..." If the afternoon were warm they might sip a raspberry vinegar with her in the garden.

If you've wondered whatever became of that "raspberry vinegar" recipe that grandma used to follow, here it is straight from the pages of this musty cook-book of old.

Raspberry Vinegar To four quarts of red raspberries put enough vinegar to cover; let stand 24 hours. Scald and strain. Add one pound sugar to one pint juice. Boil 20 minutes and bottle. "Now it is ready to use and will keep for years." As a beverage: add "one spoonful" to a glass of water.

In those days eggs of course weren't as expensive as now. The housewife of 50 years ago used as many as six at a time in a pudding or cake. Here is a "rice custard" recipe which would cause the modern home-maker a few qualms: To one-half cup rice add one quart milk and a little salt. Steam one hour, or until quite soft. Beat the yolks of four eggs with four tablespoons white sugar. Add this just before removing rice from the heat. Mix thoroughly but do not permit to boil again. Add vanilla flavoring. Beat the whites of the eggs to a stiff froth. Add sugar. Put the pudding mixture into a baking-

Advertisement for Magic Chicken Turnovers: 'My MAGIC pastry rates cheers! MAGIC CHICKEN TURNOVERS Combine and chill 1 1/4 c. finely-diced cooked chicken, 1/4 c. medium-thick white sauce. Mix and sift into bowl, 2 c. once-sifted pastry flour (or 1 1/4 c. once-sifted hard-wheat flour), 3 tsp. Magic Baking Powder, 1/4 tsp. salt, 1 tbs. granulated sugar. Cut in finely, 3 tbs. shortening. Mix 1 beaten egg and 2 c. milk. Make a well in dry ingredients, pour in liquid and mix lightly with a fork. Roll dough out to 1/4" thickness; cut into 4" squares. Place about 2 tbs. chicken mixture on each square, near corner. Fold dough over diagonally, making triangles, seal edges by pressing with fork tines; prick tops. Bake on greased pan in hot oven, 450°, 15 min. or until golden brown.

Alice Brooks Designs

Advertisement for Alice Brooks Designs: 'TO COMPLETE A SET ROUND dollies to match the oval one shown recently! If you missed it, send for Pattern 7018 when you send for Pattern 7018. Each pattern is twenty-five cents. Petal stitch and spider-web crochet for these dollies! Pattern 7018; directions, 2 sizes. Send Twenty-five cents in coins for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs, c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address, Pattern Number. BABY'S HOT LITTLE HEAD WHEN your Baby's head feels hot to your hand it may be because of simple fever consequent to some minor baby ailment. If you give her Baby's Own Tablets and by night-time she was up and around again. One Midland, Ontario Mother has this to say: "My little baby was feverish and hot. I gave her Baby's Own Tablets and by night-time she was up and around again." If baby's fever is not promptly relieved consult your physician. Baby's Own Tablets are sweet-tasting, easy to take—and have been used with confidence by mothers for over 50 years. No "sleepy" stuff—no dulling effect. Equally good for constipation, teething troubles, upset stomach and other minor ailments. 60c per 100-tablet package. Get a package today! by Alice Brooks